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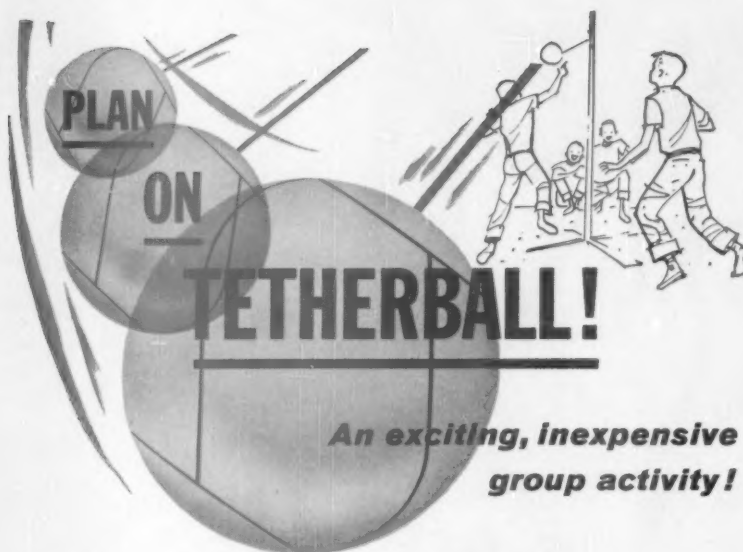
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SEPTEMBER 1957



THE MAGAZINE OF THE RECREATION MOVEMENT

Recreation*

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On the Cover

CAN YOU RESIST the call of a country lane in September or October? As school opens for the year, the countryside puts on its most beautiful dress. Use the weekends, now, for a last round of hikes, picnics, cookouts. Have your share of fun under autumn skies—for indoor activities belong primarily to the winter, and the winter can be long! Photo courtesy Massie, Missouri Resources Division.

Next Month

Do you know why we celebrate Halloween, and origin of some of its pranks? The October 1957 issue of RECREATION will tell you. Also, that issue will carry an interesting article on American folk dancing by Sarah Gertrude Knott and an excellent one on public relations by Richard M. Baker, vice-president of the Brady Company in Appleton, Wisconsin. Program articles include one on promotion and decoration by Mary Frances Sargent, Army Service Club director, and one on adapting dancing for senior citizens. Frank Staples' How-To-Do-It! covers mosaic making; and don't miss the center-spread which reports the results of June as National Recreation Month this year.

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Recreating for Fitness

Shane MacCarthy



Shane MacCarthy

RECREATION must be recognized as an *integral part of life* if we are to attain proper individual standards of fitness. Those of you who are dedicated professional recreation leaders need not be "sold" on this fact. Unfortunately, however, millions of fathers and mothers, who today care for their children in creditable fashion, consider recreation as something to do when one has no important function to perform. They consider recreation as a frill or an appendage—too often classified as "fun."

Even in the face of this prevalent interpretation, we are convinced that no undertaking has a greater opportunity and challenge in achieving fitness goals for youth and adults alike than does recreation. Human fitness is a compendium of many factors—mental, emotional, cultural, social, spiritual, and physical—blended in proportions so balanced that each person at a particular time and under certain circumstances will be able to perform to the best of his or her ability and capacity.

In the normal apportionment of time, we find work and non-work segments. There are some persons with seemingly bottomless reservoirs of energy who continue their work habits even while off the primary job and cease only for sleep. Where does recreation fit into such patterns of living? Too many would be prone to answer immediately, in shallow fashion, by saying that the economic demands of today prevent people from "being idle" when they could be doing something to add to their monetary resources. Others might respond that recreation can be embarked upon "at some future time" when they may have some opportunity "for less important things." Many would say that recreation is "only for children who have nothing more important to do."

All such responses not only ignore the fundamental meaning of recreation but at the same time show the dimensions of the task facing us in attempting to alert the nation to the need for total fitness of all our people. We realize that youth fitness will never be achieved unless the leadership of example of the adult population is seen in conspicuous fashion by our young girls and boys—and how can this be done unless we blast the very bases of erroneous meanings regarding recreation which have become en-cased in the minds of our citizens?

Merely to state that recreation is a necessary ingredient in attaining fitness will achieve little. It is more fundamental and essential for all leaders in our democratic society to understand the full dimensions and proportions of recreation as it fits into the context of current life. If parents, teachers, and those in government, labor, industry, builders, planners, and others could recognize that recreation is an integral and essential part of each one's life, then the concomitance between it and fitness would be self-evident.

What function of the man is closer to the action of the infinite power of God Himself than the ability to *re-create*? In the multitudinous listings of dictionaries, no word exists which gives more credit to the capacity of the human being than his ability to take what God has made out of nothing by the process

DR. MACCARTHY is executive director of the President's Council on Youth Fitness, Washington, D. C.

of creation and then try to renew it. Thus, recreating is not being idle and debasing the normal use of time available for leisure. It is a purposeful endeavor which can encompass every item performed by youth or adults, whether this be rest or activity, the development of tense competition in sport or the easy system of basking in the sun, the vigorous application of physical energy to win or the desire to admire the prowess of others. It may be the motivating force to accelerate the speed of the championship runner, or the wish on the part of the same individual on another occasion to take a leisurely stroll. Recreation may direct the interest of one human being in the joy of looking at masterpieces of art hanging on a wall, while another may be getting his recreation benefits and pleasures simultaneously by playing handball against the outer side of the same wall.

These are but a few observations to illustrate the vast span of divergent appeal in re-creating the human personality. Notice that running throughout these activities (and remember that sitting and gazing are activities when done by act of the will) is a deliberateness. In its manifold variety, recreation is a positive factor for achieving a purposeful, good goal. In this sense, it demands the thoughtful attention of each individual to the directing of himself, or herself, without the force of outside compulsion.

The civilization of today too easily provides ready-made, artificial pleasures demanding little effort or initiative. This by-product of automation affects all age brackets of our society and gives to recreation new demands and opportunities. For example, as recreation looks at the wonderful world of childhood, it expresses concern about all of the items of manufactured mechanization which are robbing children of the simplicity in play that is a powerful stimulant for the use of imagination. When, by pressing buttons, castles are lighted and their gates open and close, little initiative is left to the child to *create* his or her own castles in the air.

The trend in the adult field is to invent all sorts of items which will do for individuals what these same persons were compelled to do themselves not so many years ago. The further we get into the realm of mechanical contrivances, the more distant we appear to be from the benefits that come from simple recreation processes more closely akin to human endeavors. Though we now have the ability to be transported quickly from one place to another, we seem to get little recreation benefit in the tense process. Though the same journey took somewhat longer in days past, perhaps it provided the opportunity for the thoughtful recreation and beneficial conversation which is lost in today's hustle and bustle.

With the inevitable trend of giving to the human being more off-the-job time, and with the soft living habits which have become a part of the pattern of our civilization, you, as members of the National Recreation Association, have a necessary and essential responsibility to corral leadership forces outside your ranks to achieve the fitness of our youth and our adults. When you speak and write about recreation benefits, your deepest sincerity is suspect as "mere professional utterances." Thus, you have the task of ringing the doorbells of interest, which in our category are necessary alerts, to win disciples to the thinking that recreation is just as important for the human being as food and rest, and that, unless our citizens begin to school themselves in this manner now, the continuance of present thinking and present methods may make this task impossible of attainment in the future. We hope that the Thirty-Ninth National Recreation Congress will be the potential that leads to the fulfillment of this fitness goal. ■

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Things You Should Know . .

CALLING ALL AMATEUR PHOTOGRAPHERS! If you are planning to take pictures at the National Recreation Congress in Long Beach, please keep RECREATION in mind for some of your informal action shots. We would like to see, especially, any good pictures taken at the "Rancho Roundup" at the Vessels Ranch on Wednesday evening, or any of the loading of buses for the tours, and so on. Magazine staff members Donaldson and Henly will be staying at the Hotel Wilton. Check with one of them if there are any questions.

▶ **PARK PRACTICE** is a program established in 1956 by the National Conference of State Parks with the assistance of the National Park Service. Ira B. Lykes is its chief, with offices at the NCSP headquarters, 901 Union Trust Building, Washington, D.C. The program is designed to aid in the dissemination of information on the planning, development, and management of parks and recreation areas. Park and recreation personnel at all levels of government are eligible to participate or benefit. Write to Mr. Lykes for further information.

▶ **HOW ABOUT A BOOK FAIR FOR BOOK WEEK**—November 17 to 23? The theme this year is "Explore with Books." Co-operate with your local library or with any already established book fair in your community. It's fun!

Helpful and still good is the pamphlet published by the Children's Book Council last year: *How to Run a Book Fair* by Dorothy L. McFadden. This is available from the council at 50 West 53rd Street, New York 19, for seventy-five cents. Send for it and for other Book Week materials—and be sure to specify the free folder, "Aids to Choosing Books for Your Children." (Members of the National Recreation Association will be receiving some of these items with their Membership Newsletter.)

▶ **IN THE MAGAZINES:** "Modern Man's Wearying Rat Race" in *Life*, July 15, 1957; "Could You Stand a Four-Day

Week?" by Robert Bendiner in *The Reporter*, August 8, 1957; "A measure of Fitness" by Dorothy Stulm, *Sports Illustrated*, August 5, 1957; "Is American Youth Physically Fit?" (the findings that shocked Eisenhower), *U. S. News and World Report*, August 2, 1957; "The Small-Town, One-Man Recreation Department" by Charles E. Hartsoe, *The American City*, July 1957.

▶ **STIPENDS FOR GRADUATE ASSISTANTS** have received a second increase at the University of Illinois this year. They are now \$900 for a quarter-time assistantship and \$1,800 to \$2,100 for the half-time assistantship. Recipients of these awards are also exempt from paying tuition. For out-of-state students—and most of the graduate students are from out of state—a quarter-time assistantship in recreation will mean \$900 for stipend plus \$550 for tuition and fees, or a total of \$1,450. Lucky students!

▶ **RECREATION MAGAZINE BIBLIOGRAPHIES** at the National Recreation Congress: Collected sets of the bibliographies on Congress topics will again be available at the Consultation Center. They have been brought up-to-date and are now fat and sleek and cost one dollar. A charge is necessary at last, because of publication costs, and we hope you'll think them worth it. Copies of the single listings are still free, however, and to be had for the asking.

▶ **A NEW FILM, *Planning Recreation Facilities***, will be shown for the first time at the Congress in Long Beach, by the Athletic Institute of Chicago. Produced by a longtime NRA member, Herb Price of Hollywood, California, the 16mm film is a color, sound motion picture which demonstrates, by the use of stop-motion animation of scale-model sets, the need for careful planning and supervision. It is especially designed as an audio-visual aid for recreation courses on the college level, but can serve as a resource for planners and recreation authorities. For purchase price and rental charges write the institute at 209 South State Street, Chicago 4, Illinois.

▶ **VISITS TO STATE PARKS** throughout the United States in 1956 went over the 200,000,000 mark, for the first time, according to a compilation recently completed by the National Park Service. Reports from eighty-nine state parks in forty-seven states provided this information. Survey figures are given in detail in *State Park Statistics—1956*, available from the National Park Service, Department of the Interior, Washington 25, D.C.

▶ **"YOUTH APPRECIATION WEEK"** is being introduced for the first time by Optimist Clubs, November 4-10, 1957, to give the normal, well-balanced boys and girls—who are too often identified with vandalism and hoodlumism—the credit they deserve. This pilot project was described in *The Optimist Magazine*, October 1956, and again in February 1957. The magazine is the official monthly publication of Optimist International.

▶ **AN ARIZONA STATE PARKS BOARD** was recently created by the passage of House Bill No. 72. The board consists of seven members, to include the state land commissioner and six other residents of the state appointed by the governor and selected for their "knowledge of and interest in outdoor activities, multiple use of lands, archaeology, natural resources and the value of the historical aspects of Arizona, and because of their interest in the conservation of natural resources."

Charles J. Reitz, superintendent of the Yuma Recreation and Parks Department, writes to Joseph Prendergast of the National Recreation Association: "Your letter to Hank Swan, as well as Jesse Reynolds' letter to Hank, was mimeographed and distributed to key legislators. The same procedure was used with letters written to me by George Hjelte, Howard Holman and Skip Winans.

"The person who is almost totally responsible for recreation features included in the bill is State Senator Harold C. Giss of Yuma. Senator Giss has been a friend of recreation for many years, and your letter, written to him during the last session of the legislature, provided the spark that gave him renewed vigor and determination to fight with increasing diligence for our cause . . . I wish to thank you for your assistance."

▶ **A CLINIC FOR PUBLICATION EDITORS** is scheduled at the National Recreation Congress for Thursday afternoon, October 3, at 2:15. Whether you do, or do not, publish any materials in your department or organization, you are invited to attend. Perhaps you can pick up some valuable inspiration or pointers. Come and see! ■

* Excerpted from *Osborn On Leisure* by Robert Osborn (Simon and Schuster).

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Readers! You are invited to send letters for this page to Editor, RECREATION, 8 West Eighth Street, New York 11—so that your ideas, opinions and attitudes may be exchanged with others on the wide range of subjects of concern to us all. Here is your chance to agree or disagree with the authors of our articles. Keep letters brief—not more than 250 words.

—The Editors.

Congress City Sights

Sirs:

Recently the people of Long Beach, California, (scene of the 39th National Recreation Congress, September 30—October 4, 1957) voted approximately five million dollars in bonds for park and recreation developments. Many of the projects included in this bond election are being completed now and will be on display for the first time as the Congress convenes. Much of this bond money is being spent to "green up" many undeveloped park areas. Sprinkler systems are being installed and landscaping work is going forward throughout the city.

A small-boat marina has just been completed in Alamitos Bay which connects with the ocean. This is the newest and one of the most modern marinas in southern California. It will be inspected during the Congress tour of recreation areas and facilities. Two buildings which will be used part-time as youth canteens are now under construction; as are several new park areas with attractive, although small, multiple-use recreation buildings, and a beautiful new baseball field with steel bleachers accommodating 3,800 spectators.

Delegates will be able to visit a downtown adult recreation center near City Hall where shuffleboard, cards, roque, horseshoes, chess and other games are played by large numbers of senior citizens. Near the auditorium where the Congress is to be held is an interesting "University by the Sea" forum club for adults where large groups meet each day to discuss the problems of the world. This area is also supervised by the recreation department.

These are but a few of the improvements which delegates may want to see.

WALTER L. SCOTT, *Director of Municipal and School Recreation, Long Beach, California.*

• See also the article, "Public Recreation in Long Beach," by Duane George, on page 250.—Ed.

Camping Issue

Sirs:

I would like to congratulate you on your very well done Camping Issue of RECREATION in March. There is so much food for thought throughout the entire issue, it should be a *must* for everyone working with or interested in camping.

We, of the National Association for Retarded Children, were particularly pleased to see the splendid article entitled "The Mentally Retarded at Camp" by Roland Larson. With the permission of NRA, we have had reprints of this article made for distribution purposes. The value of such an article is immeasurable in giving encouragement and help where it is needed. While this article is of special interest to us, there are several other extremely informative and useful ones which I believe will make this issue in great demand for some time to come.

It might be of interest to you to know that the NARC has a hard working camping committee which, in addition to two of our own representatives, is composed entirely of professional camping experts from other national youth serving organizations, including your own NRA. Through their efforts, a brochure of twenty-four concepts, entitled *Retarded Children Can Go Camping*, has been published for free distribution.

Although these concepts have been developed specifically with the retarded child in mind, many of them are applicable to all campers whether they are handicapped or not.

With all of this in mind then, and the picture that is depicted in your Camping Issue, it is surely most encouraging and indicative of real progress when so much sincere interest and thought is

being given to this ever-increasing leisure-time activity of this age.

KATHRYN G. GOULD, *Recreation Committee Chairman, National Association for Retarded Children, Inc., New York City.*

Sirs:

Congratulations to you on the March issue, devoted to camping. I wanted to say "bravo" and "amen" in the same breath after reading Eugene Swan's article on "What are Today's Campers Missing?" Then I turned the page and the picture on page 74 is shouting evidence of the emphasis which Mr. Swan deplors. It is really too bad that the pictures at the bottom of page 75 could not have traded places with the trampoline activity.

I realize that picture editors are not always aware of the program emphasis of the pictures they select. I am particularly disturbed by the illustration of Lewis Reimann's article on "Campsite Selection, Layout and Development." The three-story lodge on page 85 is exactly what we are trying to get away from.

I realize that I am overly sensitive at these points. I am now working with some seventy-five camps, many of which are starting from scratch and want to build in keeping with the current trend in the out-of-doors as reflected, for example, in our suburban housing developments. This means openness and space between buildings.

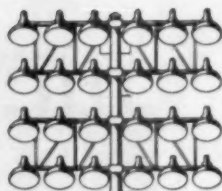
Perhaps our stress on the necessity for sports in the camping setting has made us less aware of the fact that discovery is re-creation, also. It seems to me you missed a chance on nature games and I wish you had included, at least in your illustrations, some concern for the child becoming at home in the out-of-doors.

MAURICE D. BONE, *Counselor in Camping, Board of Christian Education of the Presbyterian Church, Philadelphia, Pennsylvania.*

• We thought we showed, in the emphasis in our March issue, our concern with the honest values of life outdoors—a world of campfires, woodlands, nature, adventure, outdoor education, as against life and recreation activities in the city or indoors.—Ed.

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HIGHLIGHTS

of the

National Recreation Congress

Long Beach, California

September 30 - October 4



Aerial view of Alamitos Bay — Long Beach in background.

FIVE EXCELLENT speakers will set the pace and highlight the exciting program planned for the 39th National Recreation Congress. This major event of the year for recreation people will have "something for everyone." Inspirational addresses, discussion groups, workshops, clinics, demonstrations and exhibits will cover all phases of recreation. Whether your interests are in a specialized area—such as program, personnel, administration; in rural, urban, industrial, military or hospital recreation; for tots to senior citizens—or in the broad over-all philosophy of recreation, you'll get the latest ideas, trends, and professional stimulation at Long Beach. See you there September 30-October 4!



Paul F. Douglass

REVEREND ROBERT E. RICHARDS, minister-at-large for the Church of the Brethren, will address the opening session on Monday morning on "Recreation for a Strong America." A renowned athlete, he has been on three Olympic teams and has won twenty-two national championships. In 1956 the U. S. Junior Chamber of Commerce selected him as one of the ten outstanding young men of the year.

DR. W. BALLENTINE HENLEY orator, educator, and civic leader will address the Tuesday evening general session on "Exploring New Recreational Frontiers." Dr. Henley has earned academic degrees in law, government, religion, and history. He is president of the Los Angeles College of Osteopathic Physicians and Surgeons and a member of the Los Angeles, American, and California Bar Associations. Dr. Henley is under the sponsorship of General Motors Corporation.



Vierling Kersey

DR. PAUL F. DOUGLASS, educator, author, speaker, and government consultant, needs little introduction in the field of recreation for he is a noted lay leader of the movement and chairman of the National Recreation Association National Advisory Committee on Recruitment, Training and Placement of Recreation Personnel. His address at the Thursday morning general session will be "The Next Hundred Years."

DR. VIERLING KERSEY, an active member of the Los Angeles City Recreation and Parks Commission, is well qualified to give the Congress banquet address Thursday evening on "Citizens Offer Leadership in American Recreation." He is an outstanding educator, president of the Los Angeles College of Optometry, and is interested in the promotion of new frontiers in recreation, outdoor enjoyment, and safe vacationing.



Harold W. Kennedy

DR. HAROLD W. KENNEDY, the counsel for the County of Los Angeles, will address the Friday morning general session on "The Philosophy of Recreation and Its Legal Aspects." Dr. Kennedy, a recognized authority on public law, is the author of numerous articles in this field, among them "Revenues from Federally-Owned Property" and "Municipalities and the Law in Action." A scouting enthusiast, he has been associated with the Boy Scouts of America for forty-five years. ■

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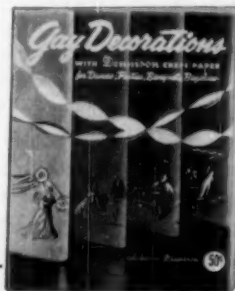
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The Friday Nighters Club for junior high school boys and girls makes public use of Long Beach school gymnasiums from seven o'clock to nine-thirty.

Rather than present a sort of "alphabet soup" by listing all activities in the diversified public recreation program in Long Beach, California we are highlighting only certain ones here—not because they are new but because their "flavor" may be different or distinctive.

Sharing—the Key to Planning. The obligation for Long Beach's comprehensive public recreation program is accepted as a shared responsibility. An employee planning group is composed of twenty members who represent all divisions and activities of the municipal and school coordinated recreation program. It is convened at intervals when a sounding board is needed for administrative ideas, for planning improvements or for offering new suggestions. From this group's comments and reactions, recommendations for changes in policy or improvements in procedures are determined. By rotating the planning group membership many employees have opportunity to participate.

The group devises in-service education emphases so that training sessions are a reflection of employee needs. To further stimulate interest and maintain realistic training, capable recreation directors are assigned to committees which prepare the content of training sessions, and their abilities as instructors are utilized. These sessions are scheduled continuously the year round, except during the busy summer months.

MR. GEORGE is assistant director of recreation in Long Beach, California.

Sharing extends beyond the school-municipal framework, inasmuch as the group work and recreation division of the Community Welfare Council serves as a clearing house for all public and private recreation matters. Two specific examples are:

1. The support of the day camp subcommittee which has made a careful study and maintained constant vigilance to assure the development of day camp sites that can be used by all agencies. This support has been helpful in terms of both promotion assistance and interpretation of needs.

2. The annual publication of an in-town summer program calendar presents the total offering of all public and private organizations and is an outgrowth of the coming together of representatives from each of the youth-serving and recreation agencies.

Employee Organization Stimulates Interest. Since inception of the coordinated plan, school and municipal employees have been responsible for an effective social and professional advancement program which serves all employees. The Long Beach Recreation Association takes the lead in planning special events for employees and their families, participates actively in the professional advancement part of each general employees' meeting, and sponsors projects that stimulate interest in increasing the department's effectiveness. Through money-raising affairs, funds are contributed by this group for services not available from public tax funds, such as hospitality during conferences, refreshments for the Play-

Public

Duane George

ground Leaders Council special events, and a scholarship fund for recreation majors. The program committee chairman for the recreation association is automatically a member of the department-sponsored employee planning group.

Another interesting liaison is the "new idea" program, sponsored by the recreation association, which recognizes suggestions for improvement of program or procedures within the school-municipal operation.

New Games Add Spice. With inventive impetus from the director of school and municipal recreation, a recreation leader skillful with tools is employed in the maintenance shop to construct new games and improve old ones. Acting on suggestions from a municipal-school games committee, he experiments with innovations which are tested on playgrounds until they are satisfactory; then, duplicates are made. These games are rotated from playground to playground and returned, periodically, to the shop for repair and repainting. Most of the games are playable in limited space and all of them are easy to set up and take down daily.

Suggestions for purchase of games not already carried in stock are referred to the games committee for preliminary experimentation to determine appeal and durability.

Traveling Specialists and Strength. Skilled leaders in crafts, drama, rhythms, puppetry and music are assigned by supervisory personnel to function in a dual capacity: first, as face-to-face leaders where large groups are assembled for instruction, and, second, to help playground leaders improve their leadership skills in these activity fields. The emphasis on face-to-face leadership holds during the ten weeks concentrated summer program.

Publicizing the Program. In addition to the usual media of newspapers,

Recreation in Long Beach

These interesting aspects of the local municipal and school coordinated programs illustrate an effective and successful sharing of responsibilities in the National Recreation Congress city.

the recreation department provides a mimeograph service for the use of community recreation leaders. Bulletins printed with multi-colored ink, silk screen posters, and quantities of program announcements are continuously made available for display and distribution.

At the local playgrounds, special in-service education sessions are conducted on the effectiveness of using bulletin boards. The weekly bulletin from the office of the superintendent of school, the junior and senior high school student newspapers, the daily announcements on the public address systems in the high schools, and the daily distribu-

special adjunct to program operation, a sixty-page mimeographed manual containing a master calendar of activities, personnel assignments, schedules and program outlines is given to each employee. A large printed calendar form for each month is also available and serves as a reminder of the events scheduled in advance. Its large size permits the writing in, by each playground or center, of other program items. In addition, a four-page mimeographed publication, *What's New*, is distributed twice monthly—with the pay checks. It keeps communications open between administration and field personnel.

A library of recreation books, magazines and bulletins is available in the assistant director's office. Those containing the know-how of games and other activities are distributed to the activity leaders and a supply is maintained at the central office.

To further maintain employee status, the employee planning group has developed standard wearing apparel—not

vised to organize a young leaders' group. Varying in size from six to ten, these groups are made up of elected leaders who serve as chairmen of various committees concerned with different activities and responsibilities. This gives the recreation director a chance to keep informed regarding the wishes of participants and gain helpful volunteer assistance, while providing an opportunity for the children to grow in leadership. Members of the playground leaders council receive appropriate identification, meet weekly or more frequently to plan and evaluate the program, and receive appropriate recognition through means of certificates and at the annual "playday."

Program

ADEX Meets a Need. ADEX (adult excursions) is a club designed for single adults over twenty-one years of age. Although organized informally, it provides a means for field trips to local and out-of-city points of interest more easily visited by a group than by unattached individuals. Similar clubs for married people and for senior citizens are now being planned by the recreation department.

Youth Clubs Popular. Youth clubs are divided into two groups, the Canteen Clubs and the Friday Nighters. Canteen Clubs are designed to meet the recreation needs of older teen-agers—the senior-high-school-age group. ➡



Another group brushes up on basketball on Will Rogers Junior High playground.

tion of school mail by messenger all serve as avenues for publicizing public recreation. Distribution of bulletins in classrooms to all school-age children is readily possible through advance approval from the school superintendent's office. The Long Beach Unified School District educational radio station KLON is another usable medium.

Employee Aids are Important. Beginning with nine hours of paid orientation for all new employees, a number of working tools placed at the disposal of each worker helps assure effectiveness. Clearly stated operating policies form the content of the *Employees Handbook for Municipal and School Recreation*. This provides quick reference for all personnel. Each summer, as a



Elementary school youngsters like after-school play, too. Grounds are well kept.

a prescribed uniform, but practical clothing suitable for activity leadership. A plastic identification badge, with the leader's name in large type, completes the identification.

Playground Leaders Council. Using the slogan, "If you don't have a playground leaders council, you are working too hard," each playground director is ad-



All ages turn out. Above, a sample of activity at the Downtown Roque Club.



Members of the Downtown Adult Club enjoy on old standby—a game of cards. Games, indoors or out, are among the favorite activities of all groups.

Young people not attending high school but living in the school district of the youth club, and under twenty years of age, may become associate members.

The Friday Nighters are conducted for eighth and ninth graders at each junior high school on alternate Friday nights during the school year. The evenings are devoted to social dancing and other party activities.

A different type of group participation for the teen-ager has been enthusiastically received by junior and senior high school students. This is the co-recreational fun night held in the gymnasiums of various junior and senior high schools. Natural leaders from the school's faculties are employed by the municipal recreation department to direct these.

Government of Friday Nighters. From the faculty of the school where the program is carried on, one director and two assistant directors are selected, and paid from the public school recreation funds. They meet with the youth committee of the school and plan the program, run the mixers and select the recordings. The PTA chairman is active with the Friday Nighters and secures the patrons and patronesses.

Government of Canteen Clubs. Youth club members assume important roles in planning, organizing and administering club activities. Each club has an executive committee of young officers whose meetings are attended by at least one adult director.

An advisory board includes youth club executive committee members, the paid adult leader of the club, representatives from the municipal and school

recreation departments, the PTA and the school principal specifically involved. The recreation department's director of youth clubs serves as chairman. *Camping and Youth Clubs Coordinated.* Municipally owned Camp Hi-Hill, a mountain camp, is used for outdoor education by the public schools. The instruction staff and food preparation are provided by the Long Beach Unified School District, and maintenance personnel, maintenance supplies and utilities are carried by the city recreation budget. Other public use on weekends is reserved for family groups under direction of the municipal recreation department.

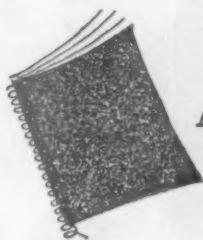
Similar to the city's use of school gyms, one of the city-financed youth clubs occupies board-of-education land on a dollar-a-year lease for thirty years. *Recreational Swimming.* School swimming pools are administered by the municipal recreation department for public recreation use when not used for school purposes. The charges are twenty-five cents for children through high school, and fifty cents for adults. Suits and towels are furnished by the board of education which receives all admission money. Board of education employees "man" the locker and shower rooms and the city recreation department assigns the swimming instructors and pool attendants (lifeguards). The recreation swimming program is scheduled in five enclosed pools on a year-round basis and in the city college "open" pool for daytime hours for ten weeks during the summer. At public beaches free instruction is provided by the recreation department.

To publicize these opportunities, teams of lifeguards show water safety motion pictures at every elementary and junior high school during April and May. They see that every youngster receives a printed sheet telling him where to learn to swim.

Sports for Junior High Age. Designed to meet the needs of highly skilled youth through vigorous competition without exploitation, Saturday athletic contests are organized jointly by the municipal sports supervisor and an assistant supervisor of physical education. These are an outgrowth of the schools' instruction program and after-school intra-mural schedule for junior high schools.

Recreation leadership for the teams is provided by physical education teachers of the junior high schools with school district funds. These men are employed after school at play directors' hourly rate of pay. On Saturday they are employed by the recreation department at the regular municipal play directors' rate. School facilities are used for the games without cost, supplies are provided by the recreation department.

Youth Talent Showcase. Young people are eager to serve and anxious to be recognized. The recreation department's "Youth Talent Showcase" affords them an opportunity for the expression of abilities and talents in neighborhood programs. By circulating application cards through elementary and secondary schools, a central talent file, classified by kinds of entertainment, is maintained in the recreation department central office. Following informal auditions where each performer is encouraged and assisted by the adult leaders of the audition committee, notations are entered on each applicant's card for later use in organizing talent shows in all districts of the city. Each participant receives a certificate of award when he appears in one of the neighborhood or city-wide productions. All audition records are confidential and there is no obligation for a performer to accept an invitation to make an appearance. Parent-teacher organizations, service clubs and church groups who request their assistance in programs are referred directly to the young performer or to his parents. ■



A REPORTER'S NOTEBOOK

People in the News

HAROLD L. TEEL, SR. has been appointed to the newly created post of chief deputy director of parks and recreation for Los Angeles County, California. Mr. Teel has been in professional recreation since 1932 and is a past president of the California Recreation Society.

WALTER L. FOWLER, a member of the recreation board in Washington, D. C., since 1941, received an NRA Recreation Month citation for his notable service to recreation. Mr. Fowler, who is the District Budget Officer, has made many contributions to civic and community life. A recent significant talk by him was introduced into *The Congressional Record*. NRA executive director, Joseph Prendergast presented the citation at a District Board of Commissioners meeting in June.

CHARLES HARTSOE, an administrative employee in the Philadelphia Recreation Department, has received the first certificate awarded under the NRA National Internship Training Program begun in 1956. He received the certificate from Mrs. William L. Van Alen, NRA Board vice-president.

LOU EVANS has retired after forty-five years of service with the park department in Seattle, Washington. This will break up the beloved brother team of Lou and Ben Evans. The latter is head of the Seattle department.

Youth Fitness

The President's Council on Youth Fitness will convene at West Point, New York, on September 9-10 for further study of this all-important problem. Dr. Shane MacCarthy (see his editorial on page 244) is the council's executive director, with Ott Romney as assistant director. NRA's Joseph Prendergast is on the Citizens Advisory Committee.

Hats-Off Department

✦ The city housing agency in Vancouver, Washington, has made sure that the new 1,000-acre McLoughlin Heights residential area is being developed as an integrated part of the city's future expansion pattern. Neighborhood park and playgrounds are spotted throughout the development which will have one community-wide park and greenbelts.

✦ In northeastern Pennsylvania a long-proposed reservoir at Wallpack Bend has been reconsidered by Army engineers after a new study showed that Tocks Island in the Delaware River would not only provide a more economical site but its longer shoreline would provide "more recreational opportunities."

✦ North Carolina is developing 464-acre Mount Jefferson State Park in the northwestern part of the state, accessible from the Blue Ridge Parkway.

✦ The New Jersey Highway Authority has beautified its Garden State Parkway with 328-acre Telegraph Hill Park, a former Indian smoke-signal point.

✦ Officials in Westchester County, New York, have rejected repeated bids from the city of New Rochelle to convert part of the Nature Study Woods beside the Hutchinson River Parkway there into a high school stadium. Meanwhile the county, which has been restricting its recreation facilities to local residents, agreed to turn over 650 acres of Mohansic Park for a new state park, open to all. The acreage will be augmented by 150 acres of adjacent New York City water supply land. Westchester County was recently bequeathed a 175-acre tract, adjacent to the Ward-Pound Ridge Reservation, for use as an arboretum.



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Boys in Fayetteville, North Carolina, have a BB gun club and are taught wildlife protection. Fayetteville is a bird sanctuary.

WHAT'S DOING in Community Programs

In recent years, the rifle club program has grown in favor in community recreation departments able to provide the careful supervision and safety precautions which are a *MUST* in such an activity. The clubs attract boys and girls, men and women, and family groups as well. Air rifles are used widely with the junior groups.

There is a stimulating satisfaction in hitting a target—be it with a gun, bow and arrow or merely a dart—which leads on to the perfecting of skill. You can compete with yourself or compete with others—in the latter case, a club is born.

The first activity in a community riflery group, or any shooting group, is a lesson in proper gun handling, and a setting up of safety rules,* such as the following which are used in ranger training:

The Ten Commandments of Safety

1. Treat every gun with the respect due a loaded gun. This is the cardinal rule of gun safety.
2. Carry only empty guns, taken down or with the action open, into your automobile, camp and home.
3. Always be sure that the barrel and action are clear of obstructions.
4. Always carry your gun so that you can control the direction of the muzzle, even if you stumble.
5. Be sure of your target before you pull the trigger.
6. Never point a gun at anything you do not want to shoot.
7. Never leave your gun unattended unless you unload it first.
8. Never climb a tree or a fence with a loaded gun.
9. Never shoot at a flat, hard surface or the surface of water.
10. Do not mix gunpowder and alcohol.

*These, as well as suggestions for organization of clubs and operation materials, such as score sheets and targets, are available from the National Rifle Association, a non-profit service agency, 1600 Rhode Island Avenue, N. W., Washington 6, D. C.

Knowledge about the use of a rifle range comes next. Some of the experiences of community groups follow.

The Long Rifles

The children at Loring Air Force Base, Maine, have a new rifle club, the Long Rifles, which attracts about fifty boys and girls. Organized under the direction of officers and airmen, it is now a member of the National Rifle Association. Its purpose is "to teach proper gun handling, in the hunting field and in the home, and to teach sportsmanship because sportsmanship and safe hunting go hand in hand."

Primary Rule: A student who lacks respect for others, or is unwilling to accept group discipline, has no place in a hunter-safety class or in the world of sportsmen.

A skeet and trap group meets during the summer months. Regular meetings are spiced with range sessions, sport and shooting films and sociability. Club members have sleeve emblems depicting a B-52 crossed with a rifle and bearing the legend "Long Rifles—Loring AFB, Maine."

Demerits

Separation from the club may be achieved at the request of any member or by the accumulation of a total of twenty demerits, listed in the club constitution as follows:

1. Horseplay with weapons—fifteen demerits; horseplay during classes—five demerits.
2. Pointing a weapon at another individual—fifteen demerits.
3. Absence from meetings—five demerits.
4. Shirking of duties—five demerits.
5. Infraction of the range rules—five demerits.
6. Failure to leave the weapon in proper configuration (bolt open when in rack or action open if not a bolt action weapon)—five demerits.
7. Profanity on the firing line or within the confines of the range, or within the body of a regular meeting of the club—two demerits.

Lessons

The following are from lesson outlines for the first four meetings with the children. All these points were covered and demonstrated, and the children tested before being permitted to enter the range and fire.

LESSON ONE. Safety in the field; Methods of carrying weapon (alone and with groups); methods of crossing fences (alone and with groups); carrying a weapon in the car; storing weapon in the closet; hunting a field in groups (up to three); stalking game; the crawl with the weapon.

LESSON TWO. *Exam:* Safety in the field and ten commandments; explanation of line of sight, line of bore, and path of projectile; cause of propulsion of projectile and twist; triangulation; make triangles and correct sighting picture with bars and discs.

LESSON THREE. Trigger squeeze and method of holding breath to prevent wavering of weapon; sight adjustments for elevation and lowering of the shot group; windage and effect of wind on the projectile; range rules.

LESSON FOUR. Explanation of range procedures and rules, including stacking of weapons on rack when not in



The children at Loring Air Force Base, Maine, learn proper gun-handling and safety in Long Rifles club.

use. Fire fifteen rounds each student: five for sighting and five and five for breath control and trigger squeeze. Last ten can also be used for sight alignment. Fire prone position.

Sunset Mountain Junior Rifle Club

"I visited a weekly session of the rifle club in Canterbury, New Hampshire, recently," reports a National Recreation Association representative, "and it is unusual in many ways.

"When I walked into the church vestry of the old colonial town of Canterbury it seemed that time had suddenly turned back fifty years! The room was small, heated by a stove, and whole families were gathered there. There were brothers, sisters, mothers, and fathers of the youth participating, and adults either watching or assisting. Chairs were all lined up on one side and the other half of the room was set up for shooting. Shooting mats were blankets, target backstops were cardboard boxes filled with crumpled paper and backed with tin.

"The Canterbury area has a scattered population of seven hundred and fifty citizens, and the club has forty members!"

Mrs. Alice Thompson, club leader, tells the story of its



Junior Rifle Club using rifle range managed by the Metropolitan Park District in Tacoma, Washington. District's indoor range has twenty-three firing points.

beginning: "One of our members of the Canterbury Belles 4-H Club was interested in having a group of senior members (girls over fourteen) form a rifle club and so she was appointed project leader. L. Harold Bullock, an ex-Army man, was secured as instructor.

"This was in May 1956. We invited all boys and girls in town between the ages of twelve and eighteen to join us. The Canterbury Belles 4-H Club and the Sunset Mountain Fish and Game Club are our sponsors and permit us use of their rifle range.

"In the winter we meet in the church vestry, using air rifles for target practice. When the weather permits, we will be using the rifle range again, returning to the use of '22' rifles." The club now includes a course in hunter safety.

Class Attendance Required

The department of recreation in Mount Clemens, Michigan, has a junior rifle program open to boys and girls aged twelve through eighteen. Shan Cousrouf, a member of the National Rifle Association, is volunteer instructor.

All members are required to attend a six-week series of classes on safety, nomenclature of rifle and ammunition, correct firing techniques and proper range procedure. At the end a written examination is given all members.

The club is affiliated with the National Rifle Association and the members compete weekly to earn individual awards for marksmanship. So far the girls have surpassed the boys. The club is also affiliated with the Office of Civilian Marksmanship and club members fire the prescribed course for junior rifle clubs affiliated with the OCM.

The club fires into bullet traps in a gymnasium, allowing a minimum of eight firing points. The city provides seven rifles. Additional rifles are available for loan from the Office of Civilian Marksmanship. The program began with twenty-six members and has grown to fifty-eight. An adult program will start this fall.—FRED M. MERRILL, Director, Recreation Department, Mount Clemens, Michigan.

Father-Son Shoots Held

The recreation commission in Emporia, Kansas, sponsors an indoor junior rifle program under the auspices of the National Rifle Association. It was organized two years ago in cooperation with the local National Guard armory. The



Some of the rifle clubs report that the girls surpass the boys! These junior misses are members of the unusual rifle club in Canterbury, New Hampshire.

recreation commission provides the club leader who handles the organization and publicity for the program. The National Guard furnishes the instructor from their unit, who is paid by the recreation commission.

The program, for boys twelve to nineteen, is conducted at the National Guard armory indoor range. Adult volunteers with knowledge of small arms are encouraged to help whenever possible. At least one father-and-son shooting contest is held each season to encourage closer father-son relationships.

The boys are also taught proper care and handling of all small arms. Safety is of paramount importance in a program of this type. They are not allowed to bring or take live ammunition to and from the armory. The club leader supervises distribution of ammunition during shooting periods.—JAMES A. PETERSON, *Superintendent of Recreation, Emporia, Kansas.*

Civil Rifle Range

In Tacoma, Washington, a rifle range is operated under the management and control of the Metropolitan Park District. Permits are issued to approved rifle and pistol clubs by the superintendent of public recreation. While clubs are using the range, provision is also made for any other individual to shoot at assigned firing points, unless this interferes with scheduled matches, and providing such person complies with the safety rules and obeys the orders of the range officer in charge.

This is an indoor range with twenty-three firing points, all located on the second floor of an old building. It was constructed through the joint efforts of the rifle and sportsmen's clubs and the park board. The clubs raised about \$4,000, and the board contributed labor, lumber, and other materials and funds.

Issuance of permits. A club may be granted a practice night in addition to time for matches. In case two or more clubs are allotted the same periods one club is designated as in charge and acts as host club. All others shooting do so under the auspices of the host club and are subject to the orders of the host club's range officers. Applications for permits must be in writing and approved by the superintendent of public recreation. Permits may be refused or revoked at the discretion of the superintendent if he finds a

club does not present sufficient evidence of responsibility, has unqualified representatives or has failed to obey or enforce these rules or the safety rules.

Fees. From the beginning it was suggested that a flat range fee of twenty-five cents be charged each person on each occasion that he used the range; however, the facilities are also used one evening a week by the high school rifle teams, and no charge has ever been made to these juniors. The range has brought in an income of approximately \$800 per year from the charge to the adults. It is known as the only self-supporting activity at Point Defiance Park today. The funds collected have been used for needed improvements and to defray operating costs.

Other Programs

- The Brunswick, Maine, Recreation Commission runs a weekly junior riflery program from September through March. Some sixty-odd youngsters, twelve to seventeen years of age, learn the fundamentals of hunting safety and marksmanship under experienced leadership, at practically no cost to the town. Ammunition is donated for the program, and reserve officers volunteer their services as instructors. Rifles are supplied by the ROTC unit at Bowdoin College. The Brunswick Naval Air Station and a ROTC sergeant worked on and improved the safety aspects of this fifty-foot indoor range. It is one of the community's most popular recreation assets.

It consists of five positions with spotlights on the targets, control lighting, individual lockers, marking tables, and wheel-operated target carriers. This is one of the finest facilities of its kind in Maine.—PENNEL S. EUSTIS, *Director of Recreation, Brunswick, Maine.*

- The rifle club at St. John and St. Joseph Home (for dislocated children) in Utica, New York, is made up of sixteen boys aged nine to thirteen, who meet every Friday night. Instruction is given in safety, care of rifles and marksmanship, and target shooting. The club is affiliated with the National Rifle Association and is eligible to shoot the Official NRA Junior Fifteen-Foot Air Rifle Qualification Courses to earn national riflery awards.

Riflery is probably one of the most successful programs conducted by the home's volunteer worker guild.** and the boys develop a very healthy respect for "shooting irons."—JOHN E. DaPRANO, *Group Worker at St. John and St. Joseph Home, Utica, New York.*

- Fayetteville, North Carolina, is a bird sanctuary and there is a fifty dollar fine for any boy shooting a rifle in the street; so the recreation and parks department is trying to give them a place to use their BB guns, as well as encourage the protection of wildlife.

Shooting instruction is given to boys who would not normally participate in baseball and football because of their youth. Proper handling of a BB gun and all important safety factors is emphasized. This program is conducted only during the winter months.—SELWYN ORCUTT, *Superintendent, Recreation and Parks Department, Fayetteville, N. C.* ■

** See "Volunteer Workers in a Recreation Program," *RECREATION*, December 1956, page 478.

New Vistas in Recreation *for Patients*

Maurice E. Linden, M.D.

The new pattern of care in mental hospitals, through the use of tranquilizing drugs, and its implications for recreation—as based upon the observations of the author and other administrators.

THE USE OF the newer drugs, particularly tranquilizers, is changing the pattern of care and treatment in mental institutions. Thousands of patients formerly regarded as chronically ill and relatively hopeless, and to whom only custodial care was given, are now seen in various stages of rehabilitation in many mental hospitals.

Some observers point out that we are currently in an exciting period in hospital history. We are witnessing changes in social attitudes toward the mentally ill; and it is to be noted that into the hospital therapeutic atmosphere are now brought programs of group therapy, activity and recreation, socializing influences, new patient freedom and new concepts in intergroup relationships. All of these are associated with the impact that the newer drugs have brought to bear upon the systems of therapy and research in psychiatry.

Mentally ill persons, who for many years lived exclusively within the drab confines of locked wards and regressed ever more deeply into private worlds of self-isolation, asociality, and unreality, are now found engaging in a great variety of activities, including sports and games, supervised and unsupervised

group play. More such wards are being opened daily in hospitals throughout the country.

It is well known, of course, that patient freedom, in and of itself, is not curative. The progressive point of view entertained by mental hospital administrators today holds that freedom in the mental institutions really implies freedom to *do* something. As one psychiatrist has put it, there is freedom "to make a choice of work, of occupation, of recreation . . . and how to handle the situations that arise out of liberty."

The new therapeutic measures, with the important effects that they have had upon patient welfare, do not by any means simply account for an intensified and accelerated rate of discharge of patients, as though through some magical transformation of the people thus treated. Successful therapies produce new needs. Patients who for years have been regarded as chronic must now be helped to become acquainted with a whole new world that has developed around them during their imposed absence. These mental immigrants must be educated and trained to resume citizenship in the world of reality. They must be helped to find, for example, that new customs, fashions and traditions have appeared on the community scene. Yet, of even greater importance is the need of such patients to be aided in rediscovering the subtle and refreshing pleasures in coordinated use of their

bodies, the stabilizing influence and reinforcements for security to be found in the warm and affectionate social interchanges of human relationship, and the forces for personality-bolstering and individual self-esteem to be found in the real world of social interplay.

It is the common experience that in many instances in which the tranquilizing drugs have not of themselves produced clinical improvement of mental illnesses, the quieting and tranquilizing effects of such medications have made it possible to use the intensive activity therapies, largely of a recreation nature, which often result in improvement.

It is pointed out by some observers that the intensified use of the modern drug therapies is not always equated with an increase in discharge rate. Dr. Freyhan of the Delaware State Hospital says in a personal communication, "The majority of disturbed or disorganized patients admitted to the hospital respond promptly to drug therapies in a manner which permits early institution of social and recreation activities. Whereas patients often used to be confused and therefore unsocial while undergoing electroshock therapy or insulin therapy, patients on drug therapy remain intellectually intact. We have therefore observed an increase, which is rather substantial, in respect to acute as well as chronic patients."

Experiences in other institutions are also illuminating. For instance, one of Pennsylvania's state hospitals, Embreeville, has found that the use of the newer drugs has increased its recreation program some five hundred per cent. Part of this is the result of an increased emphasis on recreation, but it is found that this very interest has been stimulated by the fact that increasing number of patients are now able to participate in recreation programs. The number of patients suitable for ground privileges has increased significantly.

The state hospital at Wernersville, Pennsylvania, has found it possible to remove an even larger number of patients from the wards. Such patients are placed in occupational therapy and recreation programs. The increase of the recreation program has been about fifty per cent.

At the Philadelphia State Hospital, the staff has noted at least twenty-five

From an address given at the International Recreation Congress in Philadelphia, 1956. DR. LINDEN is director of the division of mental health, Philadelphia Department of Public Health.

per cent increase in total group activities, with the use of the tranquilizers. The patients in the new programs formerly would not have qualified for recreation participation.

The state hospital at Allentown, Pennsylvania, reports that more patients are going to band concerts, are participating in baseball games than ever before permitted; and patients participate in increased numbers in social activities. Similar experiences have been reported by the psychiatric group of the Philadelphia General Hospital.

The clinical director of the New Jersey State Hospital at Trenton reports a common finding in most mental hospitals, that there has been no increase in attendance at recreation programs from the convalescent section of the hospital. "The attendance from this section has always been high and the drugs seemingly have not caused any marked increase. Where we have noticed a difference has been on our active treatment wards where the state of the patient's psychosis has ordinarily precluded participation in recreation. . . ."

Most institutions today are finding

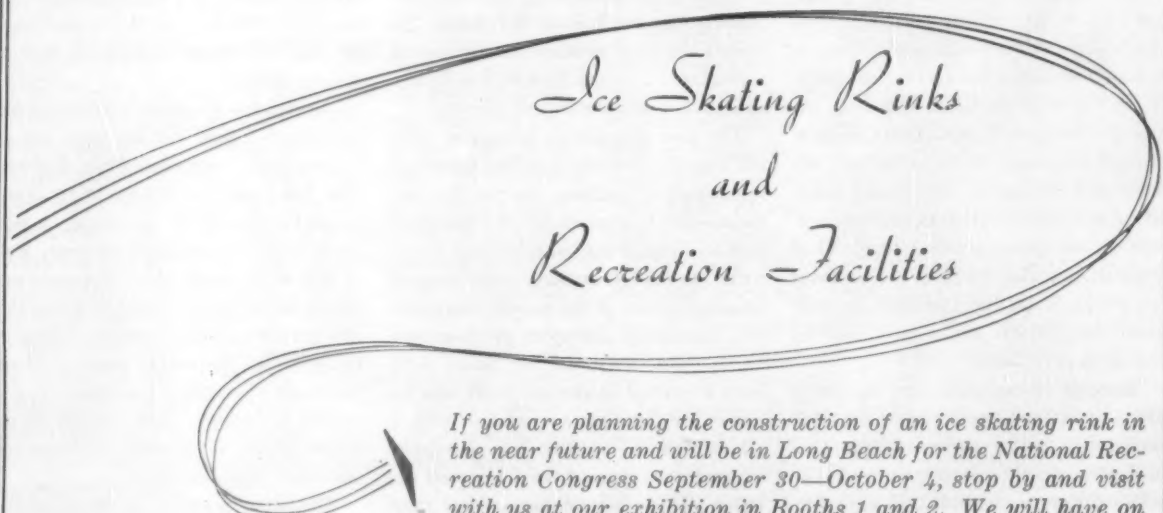
that the improved state of mind of treated patients creates many new needs within the hospital. While nursing services and certain other administrative costs in institutions, such as the food service, can be reduced and such reduction does constitute a saving of money, no real saving is accomplished because more recreation personnel and facilities are needed. Hospital staffs have become more enthusiastically oriented toward the use of psychotherapy as well as the related activities having a broad psychotherapeutic effect. In this category belong recreation services. Hospital administrators are calling for budgetary implementation of recreation programs; and organized programs are being established. Adequately trained volunteer workers, whose services can be utilized in the various types of recreation activities, have a place in this expanded hospital picture.

One observer points out that there are certain practical aspects growing out of the use of the newer drugs which concern themselves with the architectural designs of new buildings yet to be erected. Eventually, fewer detention rooms

may be needed; while the need can be predicted for more activity rooms, more recreation and occupational therapy facilities, more out-patient and day-care centers, and reduced space for shock therapies.

We are witnessing an increase in numbers of mentally disordered patients in all age categories being released from institutional care to home care. The benefits of hospital treatment are perpetuated, not only through the continued use of the newer medications, but, in addition, by the fostering and maintenance of resocialization activities in the community setting.

The real significance of recreation as therapy lies in its capacity to promote, foster and develop human interaction. It awakens the spirit of competitiveness and of fair play through a pleasurable system of cooperation. In this way it serves as a sublimated outlet for aggressive drives, as a device for retraining and restoring the human capacity for mutual identification, and as a socializing influence through team participation. Few human activities offer so much for so small an expenditure. ■



Ice Skating Rinks and Recreation Facilities

If you are planning the construction of an ice skating rink in the near future and will be in Long Beach for the National Recreation Congress September 30—October 4, stop by and visit with us at our exhibition in Booths 1 and 2. We will have on display photographs and models of the 34 ice rinks we have designed and engineered in the past three years.

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Are you looking for different ways to promote partner changes at parties and dances?

Jane A. Harris

Easy Ways to Change Partners

For years people have been matching up everything from color cards to doodles in order to change partners at dances and parties. Mixers are fun for junior or senior high school groups if they can be effected quickly without involved teaching of steps. Here are a few which do not require much advance preparation.

Musical Knees. Boys on the inside, girls on the outside. The two lines move to the music, in opposite directions, around a circle. When the music stops, boys drop to one knee and girls rush to find a knee to perch on. Play this several times—the last time around the girl is boy's new partner for the next game or dance. Music should be lively. It is even more fun if there are extra boys or girls. (See Figure 1.)

You'll Never Walk Alone. When music starts, everyone walks around the circle counterclockwise in a group. When the leader calls, "Walk in threes," they arrange themselves accordingly and continue walking. The leader then alternates the call, "Walk alone," with calls for various numbers—fives, fours, and so on—until she is ready to stop the game and calls, "Walk in twos." This pairs couples for next activity.

Spokes. Start eight to ten boys circling in a star formation, left hand into center. Start music. As they circle clockwise, the girls rush out and catch on. Each puts his or her arm around partner's waist. As they continue to circle around, another group of boys catch on, then girls. Continue this until everyone is included. The boy may then dance with the girl on his right or take her as his partner for the next game. (See Figure 2.)

Use Your Head. Select four boys and four girls and give them old hats to wear. These eight people may cut in on those dancing, take their places and give them the hats in exchange for their partners. Play lively music so as to keep spirits high and keep the hats moving.

Musical Mixers with Dance Steps

These two new "fun dances"—to replace or supplement the ever-popular Bunny Hop or La Raspa—have been successful with high-school and college-age groups:

Hitch Hiker Mixer¹

RECORD: *Pretty Girl Dressed in Blue* (Windsor 7614B) or any lively two-step, preferably in ragtime (4/4 time).

FORMATION: Double circle, partners facing, boy's back to

MISS HARRIS, a member of the dance committee of the NRA National Committee on Programs and Activities, is assistant professor of physical education, State College of Washington, Pullman, Washington.



FIG. 1

FIG. 2

center of circle. Directions are for boy; girl's part will, of course, be the reverse.

JUMP AND HITCH: Measures: 1-2—Moving away from partner, take two small jumps backward. 3-4—boy wags his left thumb (girl her right) twice, as if thumbing and turns his left foot (girl, her right) out twice toward line of direction. 5-8—repeat action of measures 1-4, thumbing and toeing out toward reverse line of direction with other thumb and foot. 9-10—repeat action of measures 1-2. 11-12—wag both thumbs, turning out both feet twice.

Dos-A-Dos: Measures: 13-16—Strut two steps toward partner (slow, slow) and dos-a-dos partners, passing right shoulders, with four steps (quick, quick, quick, quick) back to place, facing forward and holding partner's inside hand. This figure may be done by taking eight quick steps.

PROMENADE: Measures: 1-2—Beginning left, take two steps (or four walking steps) moving forward in line of direction. 3-4—strut four steps forward in line of direction. 5-6—repeat action of measures 1-2. 7-8—Boy, turning left, takes four struts and moves back to lady behind for a new partner. Girl, turning right, takes four struts in place.

Tennessee Wig Walk²

RECORD: *On the Carousel* (Decca 28846).

POSITION: Partners face, do not hold hands.

STEPS: Draw step—toes—heels. Directions are for boy, girl's part reversed.

Measures: 1—Beginning left, step left, draw right foot up to left, take weight right (count 1) and repeat (count 2) moving in line of direction. 2—step left (count 1) and clap hands (count 2). 3-4—repeat above in reverse line of direction. 5-6—move both feet together, toes first, then heels moving in reverse of direction. Repeat three times. The lady moves in line of direction. Both move to the right to new partner.³ 7—beginning left, take two steps around in place in front of new partner. 8—slap thighs, clap hands (count 1) and then clap both of partner's hands (count 2). Repeat dance from beginning, getting a new partner on measures 5-6. ■

¹This dance was originated by the author and appears in *Dance A While* by Harris, Pittman and Waller (Burgess Publishing Company). It is used by permission. The book may be ordered through the NRA Book Center, 8 West Eighth Street, New York 11. \$3.00.

²This dance was originated by the author.

³Some bop and rock 'n' roll variations fit in here very nicely for sideways move to a new partner. Teen-agers will love the opportunity to use these if they know them.

Rhythm Groups in Rehabilitation

A description of the use of the music rhythm group as a rehabilitation method for hospitalized mental patients—especially those who are schizophrenic. These procedures* are qualitative and do not imply that a "best" method has been developed.

Where does the rhythm group fit into the treatment of mental patients? What effect does it exert? How?

The simple nature of rhythm instruments renders them practicable for use with regressed schizophrenic patients. They do not require exhibitionism; therefore, the withdrawn and shy or frightened patient can participate. On the other hand, the patient who needs to come to the forefront can do so with an exaggerated vigor and sweep of his motions. The wide variety of rhythm instruments provides a gradation from most simple procedures, such as shaking a bell and tapping sticks, to more complex actions with, for instance, a group of drums. The proper instruments may be selected in accordance with the degree of regression. The patient is advanced to more complex instruments and complex rhythms as his progress warrants. He need not feel embarrassed that his performance is not "good." Destructive anger, as well as passivity or withdrawal, may be expressed in this activity. The materials lend themselves to informality and a feeling of group joviality. This is of prime importance where the patient experiences excessive feelings of inferiority.

The activity is group activity. This assumes special significance for the schizophrenic, whose foremost symptom is *aloneness*—emotional isolation and the absence of social communication.

Rhythm group participation requires action; energy is put forth; it is centrifugal, a going-out. As such, it induces the isolated person to bridge the gap of communication.

The sources of stimulation in the rhythm group are many, and centripetal in that they flow in upon the isolated patient despite his unwillingness to receive them. Every member of the rhythm group, every patient playing upon an instrument, constitutes such a source of stimulation.

The leader has an excellent opportunity to form a relation with each of the members, for the vehicle lends itself

to interpersonal participation. Sessions should be scheduled for time and place, with the same participants and the same leaders. Verbal communication then becomes an integral part of the setting. Group discussion and group decisions within the scope of the participants are encouraged.

An informal setting for the music activity is desirable. We have provided refreshments, as available, with musical accompaniment by volunteers. No matter the level of regression, patients look forward to the rhythm group as a time of enjoyment and release.

Rehabilitation Goals

An important principle must be kept in mind with music therapy and rhythm groups, as indeed with all rehabilitation endeavor. Ease of ward manageability is not necessarily a good yardstick for progress. Often, the first step toward ultimate improvement in a patient is apparent worsening of his behavior. For example, the passive and acquiescent "sitter" suddenly becomes excited and perhaps even assaultive. Although this may create some difficulty for nurse and aide, it has the more important meaning that the patient has been stirred from his passive adjustment to his psychosis. He is entering a state of change. Only when this happens, do we envision progress to a healthier level of adjustment. The rehabilitation therapist, whether he be psychiatrist, psychologist, occupational or educational therapist, music specialist or psychiatric nurse, must be patient with such behavior. It is the forerunner of recovery.

Although the rehabilitation worker should be prepared for this behavior, clinically we have observed that regressed patients become *less* difficult to manage on the ward as a result of their participation in rhythm groups. They are more content and less irritable during those days when they have attended rhythm sessions. This is reported by aides and nurses. Ward personnel have expressed astonishment regarding the degree and adequacy of participation by patients whom they considered "impossible" for such organized group activity.

The Instruments

Music is usually provided by piano, although records and

* Based on experiences with long-term schizophrenic patients in a Veterans Administration neuropsychiatric hospital.

LEO SHATIN, PH.D. is chief clinical psychologist, Veterans Administration, Hospital, Albany, New York. MR. KOTTER is director of special projects for the Hospitalized Veterans Service of the Musicians Emergency Fund, Inc., New York City. This article is excerpted from a study published by the American Archives of Rehabilitation Therapy, December 1955, and is used by permission of authors and publishers.



The above six patients, in a neuropsychiatric division of a Veterans Administration hospital, have shown an improved condition through rhythm-group therapy.

tape recordings may be used. Sets of rhythm band instruments found on the market in the past were, as a rule, made to be used by children. Because the patients who participate in these rhythm groups are adult and mentally ill, it was decided to furnish them with larger, more sturdy instruments, capable of greater volume of sound. Following is a list of instruments in order of patients' preferences:

- *Single and double-headed drums*, in several types and sizes, are used along with tom-toms which can be struck by hand or mallet. These are the basic instruments, and most preferred by patients in the rhythm groups.
- *Bongo drums*, to be held between the knees and played with the hands, fingers, or mallets. The single drum may be placed on a chair in front of the patient. This is necessary with the long-term patient who seldom grips it with his knees. The double or triple drum consists of a unit of two or three different sized drums joined together. The unit can be supported by the legs of the patient. Although this instrument is popular, it is seldom played properly despite instruction. Most often it is employed as a regular drum with a stick or mallet.

- *Maracas* are greatly favored.

- *Triangles* are accepted and played, but not so enthusiastically as other instruments.

- *Tone blocks* are generally used. However, the gourd tone block, which has circular corrugations along with its length, is never employed for its intended purpose.

- *Tambourines* of varying sizes are used as drums by the patients. Very few will shake the instrument, and then almost never in relation to the music.

- *Cymbals* in pairs, to be struck together, are generally rejected, possibly because they make too much noise. Loud noises generated by the group appear to be beneficially stimulating, but when made by one person it seems occasionally to distress that person. A single cymbal, suspended from a looped handle held in one hand and tapped lightly with a mallet, is in considerably more use.

- *Castanets* attached to a grip handle are greatly liked by individual patients, who will keep a steady beat with them but are unable to accompany in more complicated rhythm such as in a tango.

- *Sleigh bells*, though frequently accepted by patients, are only seldom shaken, and, again, in little relation to the music.

- *Tuned bells*, set on individual blocks, seem to puzzle the patients and none used them after a short experimentation. Doctors, aides, and other attending personnel sometimes increase interest in the proceedings by playing these tuned bells.

- *Claves* are not often in use except by accompanying personnel. A patient frequently likes to use one as a drumstick. Maracas are also pressed into use as drumsticks when patients are allowed a choice of instruments.

- *A small trap drum set*, on a stand, comprising snare drum, suspended cymbal, tom-tom drum, and gourd block, can be played with drumsticks, mallets, or wire brushes. It requires more complex actions in playing than any of the other instruments. Only one or two patients are able to handle this set with any satisfaction, its proper use requiring natural ability, imagination, adequate instruction.

Orchestration and Music for Long-Term Patients

Attempts at organized orchestration have met with very little success among our regressed groups, most patients preferring merely to keep time with the main pulse of the music. An exception was one group of patients who cooperated in "Pop Goes the Weasel." One patient would be the "weasel" and all other patients would play with the music until time for the "pop," when they would stop and the "weasel" would make a resounding solo "pop" on a drum or block. Another interesting exception was accomplished with a march. One patient would begin alone with a drumbeat in march time and continue as each instrument in turn was signaled into the ensemble. After all were in, the music would strike up in time with the marching beat.

Within our groups, based upon previous experiences, all music is now chosen for its strict rhythm and well-defined beat. The session usually begins with a lively march which conveys the impression that something definite is going on and demands participation. The lively, loud march, more than any other type of music, seems to elicit spontaneous participation. Loud, rhythmically played popular music also brings such response. The march is followed by a waltz—still bright and lively—and so on through different types of music and rhythm. Between selections the psychiatrist or other rehabilitation worker conducting the session talks with various patients regarding their participation or non-participation, whether they liked the last selection, whether they have any requests or suggestions.

After its lively beginning, the music slowly lets down in intensity to a quieter mood—old favorites, mellow popular songs, and so forth. Toward the end of a session the music again picks up quite sharply in tempo and tone, thereby increasing activity and attention and leading to a refreshed, congenial mood at the finish. Sessions have lasted from half an hour to an hour, depending upon patient mood. Though it is impossible to blueprint a program and procedure for rhythm sessions, the procedure outlined on the following page is most often used—with a fine response.

TYPICAL 50-MINUTE GROUP RHYTHM SESSION

Music Sequence	Time Duration (minutes)	Cumulative Time (minutes)
Bright, lively	8	8
Moderately lively	8	16
Easy-going	11	27
Slower, quieter	4	31
Calm	6	37
Slower, quieter	3	40
Easy-going	4	44
Moderately lively	3	47
Bright, lively	3	50

Types of Music

Marches	Waltzes
Popular and Boogie	Folk Songs and Dances
Jigs and Reels	Old Favorites
Hillbilly and Western	Indian and Oriental Dances
Tangos, Latin-American Rhythms	

Careful consideration in choosing music for the groups must be given to the mood and activity level of the patients as well as to their age, musical preferences, and general cultural backgrounds. During a session no one selection should extend very long, for the rhythm tends to become monotonous and the motions of the participants automatic,

their concentration dissipated. Frequent changes of rhythm help to prolong the patients' attention and interest. Each selection should have a different pulse regardless of its mood.

Other Applications

Each rhythm group can service a variety of therapeutic functions from its very inception. When the instruments themselves are constructed by patients in occupational or manual arts therapy, the patients tend to develop additional interest in them. They desire to play what they have constructed. The natural rhythm group is thus formed and the progression from occupational or manual arts therapy to music therapy is a normal sequence. The construction of instruments develops an excellent working relationship among the rehabilitation disciplines. When the rhythm group attains some degree of excellence, it can present programs over the hospital radio within wards for bedridden patients. Participants therefore derive heightened self-esteem and personal gratification, in addition to extending a service to other persons. ■

Alice Howenstine

Nature Crafts Year 'Round

Cattail Leaf Mats

Although cattails (also known as reed mace) grow in any wet, marshy area and have been found in limited quantities and localities even in the arid Southwest, they might be rare in your area. If this is so, you can try this same craft with similar longleaf plants, such as blades of tall, coarse grass or long narrow palm leaves. Calamus leaves can also be used; their ridged leaves give a very artistic effect. The same general procedure followed in making cattail mats would apply to making mats with these materials.

THE winter months are naturally the most difficult ones in which to find native craft materials, but that, by no means, should eliminate nature crafts from your program. Get a good supply of cattail leaves now and you'll be all set for the winter meetings not so far in the future.

MRS. HOWENSTINE has been engaged in native or nature craft work for a number of years. Readers may have seen and heard her at craft workshops at conventions or teachers' meetings.

Cattail leaf mats can be used as doilies under lamps or vases, as coasters, placemats and as frames and mats for pictures. A very large mat can be used as a rustic bulletin board.

Cattail plants reproduce easily. Their seeds are windborne, and they sprout again from the roots; so there is no danger of making them extinct by over-gathering in any one area. They can be found in swampy areas or along pond shores. Let's start from the beginning and make a cattail leaf mat together.

Gathering the Cattails: You will need

a sharp knife and boots. Scissors will do if a knife is not available. Occasionally the whole plant, root and all, can be pulled out and trimmed later before drying.

As a safety precaution, gather more leaves than you think necessary, for the thick bases and narrow tips are not easily used and some leaves will probably crack en route to home, school or camp.

If the cattail pond is on a farmer's property, don't forget to ask his permission. He'll probably be more than glad to have you get rid of some of them for him for they spread rapidly, clogging drainage ditches or farm ponds.

The weaving is done with the dried, but not necessarily brown, leaves. The cut leaves will dry long before the color begins to fade. Leaves can be gathered throughout the year. Of course, the more snows that have fallen on them before they are gathered, the shorter the leaf pieces will be, for the weight of the snow cracks them. However, mats twelve inches square have been made with leaves gathered late in win-

ter. If you gather early in the season, spring through September, some of the leaves will still be green. By late September, however, the majority have dried nicely and need little preparation before weaving. A fresh green cattail leaf mat looks very nice when it is first woven, but the leaves shrink and shrivel a great deal more than the dried ones, leaving large gaps in your mat. So, for a similarly pleasing, but much more lasting, effect, use dry leaves.

Drying: The amount of time to allow for drying varies with the condition of the leaves and the season in which they are gathered. If they are green, allow two or three weeks; if they are already light brown, with little or no trace of green, only a few days are needed, and often they may be used immediately.

You will need an area large enough for the leaves to lie rather loosely. To hasten the drying process, any thick place at the base of the leaf should be cut away. This can't be used anyway, so you might as well eliminate all the "water storage space" possible. When the leaves are thoroughly dry, they can be bundled together and stored until needed.

Weaving: Soak the leaves in water anywhere from a half-hour to a few hours before using. They will float, so bundle them together and weight them down. Having the leaves wet while working not only makes them more pliable but also makes them adhere to the working surface so they do not slip around much. The moisture absorbed during this short soaking expands the leaves a little; however, though there is some shrinkage later, it is slight and does not spoil the finished effect. If the mat is woven while green, the leaves will shrink to one-quarter or one-third their original width and will be shriveled.

The importance of the leaves being thoroughly dry before the preweaving soaking cannot be overstressed. I have known leaders who have used this as a spur-of-the-moment craft—gathering fresh or partially dried leaves and weaving immediately. Results have not been at all satisfactory. Others, using thoroughly dried leaves, have been very enthusiastic about this project.

Do not cut the leaves to desired lengths before weaving, but work with pieces longer than the finished product.

This makes leaves and mat much easier to handle, especially during the last few rows of weaving, and the sides will be much more uniform if trimmed after weaving and binding are completed.



FIG. A

Begin weaving with only four leaves, two each way, weaving these together at the center, as in Figure A. This gives the mat some "body" from the beginning and eliminates handling too many loose leaves at once. Use this woven area as the approximate center and build out from there, adding a few leaves at a time to each of the four sides. Keep the leaves pushed as close together as possible to minimize the space created by the slight shrinkage that comes with drying.

Finishing Edges: After the desired size is reached, bind the edges to keep the mat from coming apart. Any appropriate raffia, brown cord or string can be used. Cut a length somewhat longer than twice the perimeter of the mat. Double the string, slide the doubled end over a corner leaf of the mat, so you seem to be working with two pieces of string. Now begin to "double weave" around the mat, as in Figure B. At the corners twist the string so that one piece won't be likely to slide under the edge of one of the leaves. Finish off with a square knot.



FIG. B

Trim the edges with scissors. The mat may be kept as a square or rectangle by cutting approximately one inch beyond the binding all the way around. If an oval or round effect is desired, this may also be obtained in the cutting process as illustrated in Figure C. Remember not to cut too close to the binding.

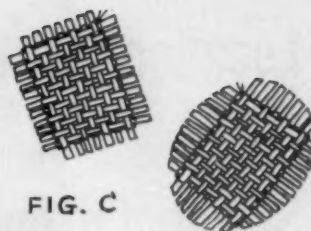


FIG. C

Completion: Put the mat between newspapers to absorb the moisture and weight it for a day or so until dry. If you like, a coat of shellac gives the dry mat a nice luster.

Try it, it's fun! ■

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Location of Facilities for Senior Citizens Clubs

Ronald D. Johnson

A primary consideration in providing a year-round meeting place or center for senior citizens is the location of the facilities. Should they be centrally located in the community or should they be in the smaller neighborhood areas?

Madison, Wisconsin, with a population of about 100,000 has one centrally located facility to serve all local golden-age clubs. Plans are under way, however, to form smaller clubs and to encourage golden-agers to keep attending their neighborhood meeting places in churches and schools.

Janesville, Wisconsin, almost 25,000 in population, had one large golden-age club which met in a downtown building. Neighborhood locations never were considered seriously because the golden-agers objected to using school and church facilities, very often the only suitable existing meeting places. The large club was finally split into seven small clubs, with membership in any one club not to exceed fifty. These are organized on the basis of common interest rather than according to location of residence. All seven clubs meet in downtown locations and are now working toward the construction of a centrally located building specifically for senior citizens.

Oak Park, Illinois, approximately 65,000, has one large club which meets twice a month at a centrally located facility. The club is split up into interest groups, each limited to about twenty members, which are concerned with such things as reading, discussion, various arts and crafts activities. The small groups meet weekly in homes, churches and other neighborhood places.

In Monroe, Wisconsin, a city of about 8,000, the number of active golden-age club members comes close to one hundred. This may seem a large number for a small town; however, if the clubs were located in the various neighborhoods, I feel that recreation would be provided for more than double that number.

It seems that larger cities might need a number of wide-spread facilities in order to provide a balanced service. Milwaukee, Wisconsin, for example, has a highly organized program with golden-age clubs meeting in the neighborhood social centers. A single center provided within or near a public housing unit or at any other location should be only a part of the total picture.

Centrally located community center facilities usually attract larger numbers of people and provide many more

MR. JOHNSON is park and recreation director in Monroe, Wisconsin. The above is from an address delivered at the 1957 Great Lakes District Recreation Conference.



WISHING WELL. At the Charlotte, North Carolina, May Day dance for citizens from seventy to ninety, golden-agers again prove May and December do mix. Today's senior citizens now have a social life in many communities because of the interest and concern of recreation departments and other organizations.

activities than neighborhood clubs. In a large group there usually are more people with like interests than in a small group. Neighborhood clubs tend to group people who already know each other, or who are similar in interests and background.

Many older persons do not feel at ease in large groups and prefer the smaller clubs; but interest groups can be formed within large clubs that would offer the same relationship between participant and leader. On the other hand, many golden-agers enjoy being in a large club, with a chance to meet new people, where experiences and interests are varied.

Duplication of equipment and facilities, as well as the need for additional leaders are drawbacks of the smaller neighborhood clubs. Operating costs and personnel may limit a community to a single centrally located facility, which, usually, does not require the leadership necessary to run a community-wide organization of small clubs. Where desired facilities and leadership do not exist, however, leaders should be able to refer the club members to other places. With more neighborhood facilities and smaller clubs, leadership is more effective, particularly where a social group work service is desired.

A centrally located facility will usually be accessible from all points where public transportation is offered. In some communities a definite transportation problem exists, which must be solved through car pools, free taxi service and other means. With neighborhood facilities transportation is still sometimes a problem, but the distance is less.

The same methods will not work equally well with any two communities. Needs of golden-agers differ and needs of the community differ. The limitation or availability of facilities, leadership, transportation and interest should determine whether we have central or dispersed facilities. The decision is up to the individual community. No program or plan of action should be initiated simply because it is successful elsewhere, or because someone has stated that one method is better than another. Any proposed action should be considered as it would affect the local program and the community, using the experiences of others as the starting point. ■

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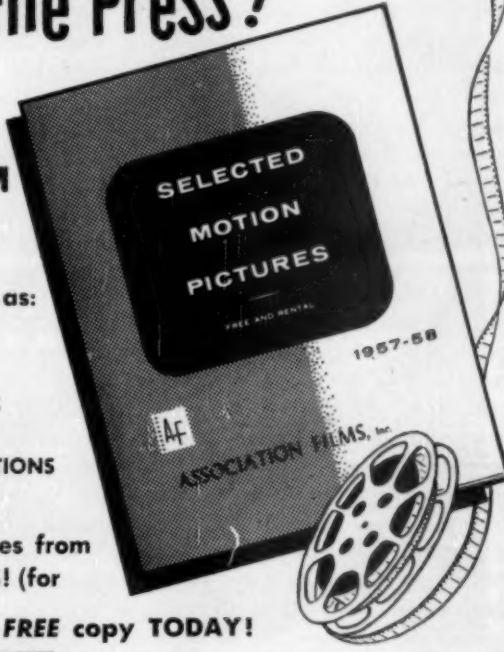
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A Matter of Policy

Policy Making

There is great need for more thought on the subject of "policy." Although policies must be formed to fit the community, and while each town is different, principles of public recreation are the same everywhere.

Any recreation executive appreciates fully the value of policies in the daily administration of his department, for they are its anchor, framework and backbone. Determination of policies (using Webster's definition of policy as a settled course followed by a government, institution or agency) is essentially the responsibility of a lay board or commission. The executive, however, exerts his leadership by initiative and by providing the advice and information necessary for determining policies.

If a policy is based on sound recreation principles, it affords a chance for the board or commission and the recreation executive to show the community what public recreation stands for. In some areas of the recreation operation, such as those of personnel and accident procedure, policies are easily made. Other policies, especially those dealing with program or the use of facilities, which can step on the toes of part of the public, are harder to establish. They may take wisdom and courage.

An example of this is the matter of Sunday activities. Where does the recreation department draw the line in this touchy matter? It is right to close swimming pools, ballfields, or golf courses on Sunday afternoon? What about organized sports that make a boy or girl feel compelled to participate? Should department fields be maintained for such sports even though the department is not operating the activity? The answers arrived at will constitute the Sunday policy of the department.

What principle of public recreation is there to guide the establishment of this policy? The building of a well-rounded personality, a full, rich life? Most everyone will agree that religion is as essential to the full life as food, rest and exercise. In addition, President Eisenhower has called for a spiritual resurgence. With these considerations in mind, should public recreation encourage what appears to be a trend away from the observance of the Lord's Day? On the contrary, perhaps it should work in the opposite direction?

This would mean, at the least, complete separation of the department from any activity which *requires*, in any sense, participation on Sunday. Optional activities or pickup games could be played, but no organized league play could be permitted. Public facilities which are used at the option of the citizen could remain open.

In this day and age no recreation department could survive which opposed recreation on *any* day of the week, including Sunday. Let the swimmers splash away, the golf clubs swing, the baseballs fly. But don't encourage anyone to violate his own conscience. Organized play should not take precedence over the real purpose of the day.

Another policy which may be difficult to establish deals with alcoholic beverages in buildings or grounds operated

by the recreation department. It is assumed that no department tolerates drinking on the part of minors. The problem arises when facilities are rented to private adult groups which bring their own drinks. Perhaps the department controls the only facilities suitable for the meetings of such groups. Alcohol and recreation do not mix, however, and age should have nothing to do with the answer.

Making the policy is just the beginning; its application is the important step. The critical stage can be the introduction. On controversial matters, strong leadership, tact and consideration are called for. The thing to remember is that each sound policy represents a step ahead for the recreation program and in the mind of the public.—ROBERT E. KRESGE, *Superintendent of Recreation, Charleston, West Virginia.*

Los Angeles County Policy

In order to make possible the purchase of additional land needed to meet the growing demands for recreation, the board of supervisors of Los Angeles County, California, have adopted a policy of allocating county sales tax funds from the unincorporated areas for acquisition and development of local park areas. The following policies have been adopted by the county's parks and recreation commission to implement local and regional recreation services:

1. Provide a wide variety of recreation areas and facilities including local parks (unincorporated territory), regional parks and facilities, such as swimming pools, public beaches, campgrounds, sports centers, historic sites, golf courses, riding and hiking trails, system of roadside rests and vista points, museums, arboretums, botanical gardens, inland waterways for purpose of recreation, and reservations for the conservation of wild life and natural resources.

2. Recognize responsibility for acquisition, improvement, maintenance and operation of local facilities and programs in unincorporated territory until local control is available.

3. Recognize that the provision of facilities and special recreation services in hospitals and institutions is the major responsibility of county government.

4. Provide adequate leadership, attractive facilities and a variety of wholesome recreation opportunities throughout the year to meet the needs of all people.

5. Provide adequate funds to finance a capital outlay program of land acquisition and facility development, maintain facilities and establish and operate them.

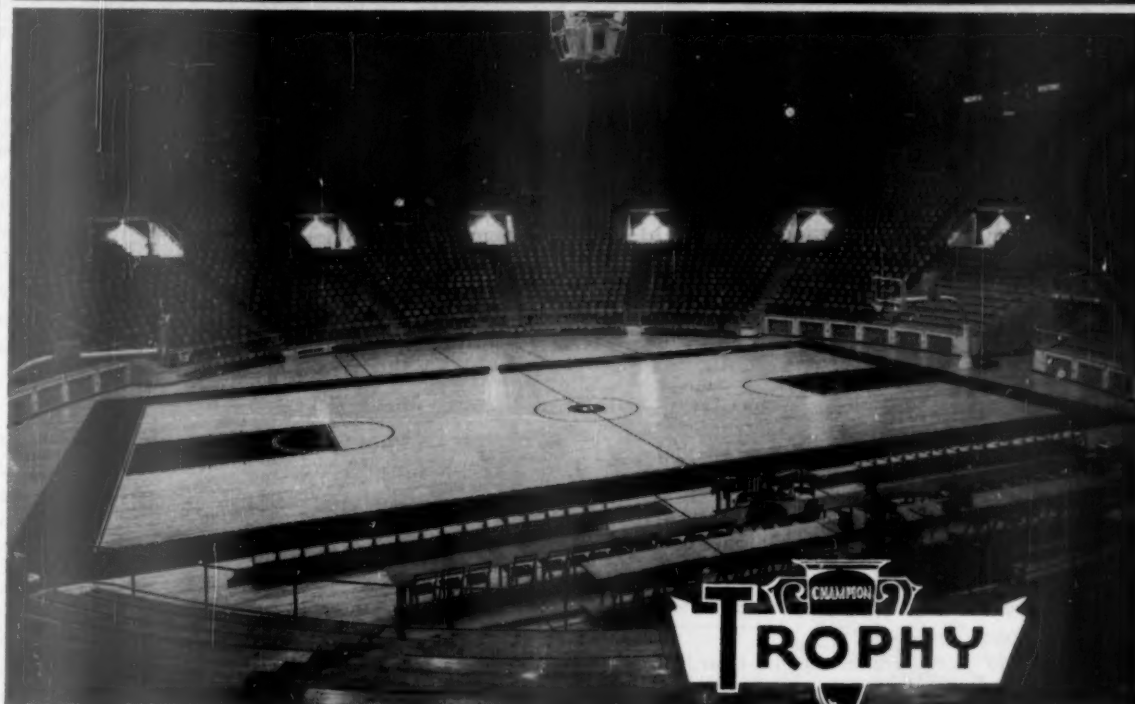
6. Encourage employment of competent, well-paid professionally prepared leadership.

In carrying out this six-point program, the county department of parks and recreation will observe the following plan of priorities for new development: regional park land acquisition; local park land acquisition within the unincorporated area; capital development of regional parks; staffing of areas and facilities for maintenance and recreation programming; capital development of local parks.—*From the Los Angeles County Parks and Recreation Department News, April 28, 1957.* ■

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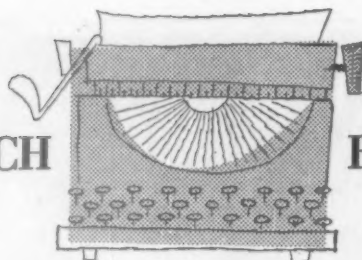
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RESEARCH



REVIEWS AND ABSTRACTS

George D. Butler

Information on Drownings

In *Facts on Drowning Accidents*, a summary of his doctoral study, Bramwell W. Gabrielsen of the University of Georgia has presented for the first time comprehensive data with reference to drowning accidents throughout the country. In the 1,309 cases representing thirty-five states which were studied, an attempt was made to ascertain the facts surrounding such accidents. The analysis is accompanied by a list of implications for education and municipal and state legislation. The report also contains thirty-three tables which record the frequency of drownings by age, sex, education, swimming ability and many other factors.

Important findings, all of which have special significance to recreation authorities, are that:

1. People drown wherever there is water, at all times of the year, every day in the week, every hour of the day.
2. All age groups are susceptible to drownings, but the danger years are from birth to fifteen.
3. A large number of drowning victims each year are children under four years of age.
4. A high percentage of victims are non-swimmers.
5. Many people never have had any form of swimming instruction.
6. More people drown with clothes on than in bathing suits.
7. Many drownings are a direct result of violations of sound safety procedures.
8. More people drown while engaged in other activities than in swimming.
9. A large number of non-swimmers use small crafts.
10. Many drowning accidents occur at areas not patrolled by life guards.
11. Many people lose their lives trying to give assistance to people in trouble.
12. At many drowning scenes there is no one present trained to administer artificial respiration until rescue squads arrive.

The report lists specific steps which parents could take in guarding their children from drowning and outlines the responsibilities of public education agencies. Specific legislative enactments to assure greater aquatic safety are recommended.

A valuable feature of the report is a comprehensive set of safety rules developed with the cooperation of a committee from the Conference for National Cooperation in Aquatics. One section deals with rules that are applicable in all situations; others deal with rules for swimming, boat-

ing and fishing and hunting. Copies of the report are available from Dr. Gabrielsen at the University of Georgia, Athens, Georgia, for \$1.00 each.

Study of Biotic Communities

The Ecology of the Watchung Reservation by James Baird, issued by the botany department at Rutgers University, reports a study of the biotic communities in this two-thousand-acre New Jersey reservation administered by the Union County Park Commission. The report also offers specific recommendations for the management of these communities and was prepared at the request of the commission. The volume* should be of primary interest to all who are concerned with the conservation and management of reservation areas.

Since the acquisition of the area, it has been the policy of the commission "to preserve this entire tract in its largely primeval state" and, at the same time, to make it more accessible and reasonably available to picnickers, campers, fishermen and all lovers of nature by providing roads, trails, and bridle paths.

According to the report, the policy of leaving the vegetation entirely to itself everywhere in the reservation would certainly be the least expensive method of vegetation management. It would not, however, because of the inevitable decrease in variety as a result of vegetation change, preserve for future generations certain values enjoyed in the reservation today. Specific recommendations are made with the assumption that preservation of variety as it now exists is desirable. "The majority of the vegetation of the reservation would best be left to the natural course of vegetation change."

Detailed recommendations are offered for the control of old field succession through various stages, such as those with grasses, herbs, and scattered woody plants, with extensive thickets, with small grassy glades, red cedar thicket and the young woods. Vegetation control is also indicated for the marsh, pine forest plantation, the honeysuckle-invaded areas, the blown-down and standing dead trees and the roadsides, among others. The introduction of foreign plants in the park would be considered detrimental, according to Mr. Baird.

A major section of the report is devoted to animal populations with a consideration of birds, amphibians, reptiles and mammals and general recommendations for their management. ■

* Available from the Department of Botany, Rutgers University, New Brunswick, New Jersey. \$1.50.

MR. BUTLER is director of the NRA Research Department.

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The number of recreation graduates dropped from 692 in 1951 to 444 in 1956 and decreased still further to 406 in 1957. If this trend is not reversed sharply and quickly the status of the recreation profession by 1975 may be such that it will be impossible to attract even a percentage of the better prospects to a career in recreation!

The drop in recreation graduates is more serious than it first appears because the population is increasing and so is the demand. Also, it is not likely that more than one hundred of the four

hundred graduating this year will enter the recreation profession on a full-time basis. Many will be lost immediately to the armed forces or to marriage. Others will never reach the recreation profession because of more lucrative opportunities offered in other fields.

Some progress is being made, and the National Recreation Association's recruiting committee continues to urge:

1. Every worker get one recruit.
2. Every state recreation society appoint a recruiting committee.
3. Every effort be made to establish local recruiting committees.

WE MUST:

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- Expand the Association's internship program.
- Prepare more attractive materials for local use.
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COMPARISON OF NUMBER OF SCHOOLS REPORTING AND DEGREES GRANTED IN 1951, 1956 AND 1957

DISTRICT	Number of Schools Reporting			Number of Degrees Granted		
	1951	1956	1957	1951	1956	1957
New England	4	3	2	27	49	21
Middle Atlantic	9	6	4	173	78	26
Southern	10	9	8	100	86	70
Great Lakes	11	9	7	251	182	167
Midwest	4	0	1	26	0	1
Southwest	2	1	1	16	3	4
Pacific Southwest	10	4	9	65	17	92
Pacific Northwest	3	4	3	34	29	25
TOTAL	53	36	35	692	444	406

MR. SUTHERLAND is director of the NRA Recreation Personnel Service.

NUMBER OF DEGREES AWARDED IN 1957

DISTRICT	Number of Schools Reporting	BACHELOR			MASTER			DIRECTOR			DOCTOR			TOTAL		
		Men	Women	Total	Men	Women	Total	Men	Women	Total	Men	Women	Total	Men	Women	BOTH
New England	2	11	1	12	6	2	8	1	0	1	0	0	0	18	3	21
Middle Atlantic	4	13	1	14	5	4	9	0	0	0	3	0	3	21	5	26
Southern	8	23	31	54	13	3	16	0	0	0	0	0	0	36	34	70
Great Lakes	7	46	51	97	42	16	58	9	1	10	1	1	2	98	69	167
Midwest	1	0	1	1	0	0	0	0	0	0	0	0	0	0	1	1
Southwest	1	0	4	4	0	0	0	0	0	0	0	0	0	0	4	4
Pacific Southwest	9	44	33	77	10	4	14	0	0	0	1	0	1	55	37	92
Pacific Northwest	3	15	10	25	0	0	0	0	0	0	0	0	0	15	10	25
TOTAL	35	152	132	284	76	29	105	10	1	11	5	1	6	243	163	406

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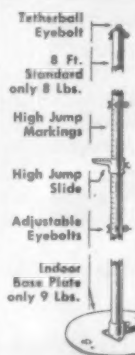
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101 FUNNY THINGS TO MAKE AND DO, Paul Castle. Sterling Publishing Company, 121 East 24th Street, New York 10. Pp. 124. \$2.00.

PIONEERS IN SERVICE, Barbara Miller Solomon. Associated Jewish Philanthropies, 72 Franklin Street, Boston 10. Pp. 197. \$3.00.

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Magazine Articles

CALIFORNIA PARENT-TEACHER, February 1957
Are We Mice or Men? (Television), Mrs. E. J. Ash.

INDUSTRIAL SPORTS AND RECREATION, February 1957
Making a Speech? Wood Victor.

NATIONAL PARENT-TEACHER, March 1957

Getting Tough Doesn't Help (Juvenile delinquency), Elizabeth McCain.

Safeguarding Children's Rights: A Report of the National Congress' Conference on Juvenile Protection.

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There is Always Room for Beauty, Ruth K. Carlson.

May 1957

The Gift of Time (Coming changes in American life), August Heckscher.

PARENTS', May 1957

Day Camp in the Driveways (Recreation in a housing project), Betty Friedan.

SCHOOL ACTIVITIES, February 1957

Developing Potentialities in the Extraclass Activities, Robert L. Gantert and Dale Hunter.

Do School Activity Programs Build Better Intergroup Relations? Grace Graham.

What's Wrong with Athletics, Albert M. Lerch.

March, 1957

An Early Childhood Play Program, Milton V. Rose, Gertrude Rubinstein, and Diane Firestone.

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INTRODUCTION TO COMMUNITY RECREATION

By GEORGE D. BUTLER. McGraw-Hill Series in Sociology and Anthropology. Second Edition. 548 pages, \$6.00

A popular book dealing with those forms of recreation which require a large degree of organization and leadership, and in which participation plays an important part. All aspects and phases of community recreation are presented, with recent developments included. Recreation is analyzed and a comprehensive bibliography is offered to facilitate reference work. It is a clear and well-organized text, without a peer in community recreation.

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PUBLICATIONS

Covering the Leisure-time Field

"Where Did You Go?" "Out." "What Did You Do?" "Nothing."

Robert Paul Smith. W. W. Norton & Company, 55 Fifth Avenue, New York 3. Pp. 124. \$2.95.

This delightful book, well-titled, is all about how it was when you were a youngster—and how things have deteriorated since. What has happened to the magic of childhood?

It is written by someone with tender memories and a humorous, heartwarming style, and it is bound to appeal to anyone who was ever small and believed that the grownup was the natural enemy of the child, and to anyone who once called marbles "immies," or played mumbly-peg, or collected horse chestnuts, round stones, or bruises. It offers information about youngsters, in such a way that it is sheer fun to read.

"The thing is," writes the author, "I don't understand what kids do with themselves anymore . . . I was with a bunch of kids a week ago, ranging in age from ten to fourteen (to forty-one, counting me) . . . I said to them, 'How about a game of mumbly-peg? And can you believe that not one of these little siblings knew spank-the-baby from Johnny-jump-the fence?'"

This is a "natural" for parents, leaders, and all the young-in-heart.

Schools for the New Needs Educational, Social, Economic

F. W. Dodge Corporation, 119 West 40th Street, New York. Pp. 312. \$9.75.

In view of the rapidly expanding school-construction program and the increasing emphasis upon the use of school buildings for community recreation, it is important that recreation authorities become familiar with trends in schoolhouse design. This volume, covering sixty-six new school plans, contains material previously published in the *Architectural Record*, and is an excellent source for information on the design and construction of school buildings. Many of the illustrations and plans relate to facilities commonly used in connection with the community recreation program.

In view of the current emphasis upon cooperative planning between school

and city authorities, it is disappointing to find little indication in the volume that such planning has a place in the development of the school plant. It is possible that many of the school buildings described have been designed on the basis of cooperative planning—one specific example is a junior high school in Seattle—but most of the general articles contain no reference to planning for community use, let alone cooperative planning to this end. In spite of these limitations, the profusely illustrated volume merits careful study.

Believe and Make-Believe

Lucy Sprague Mitchell and Irma Simonton Black, editors. E. P. Dutton & Company, 300 Fourth Avenue, New York 10. Pp. 190. \$3.00.

Above all, children love to listen to spontaneous stories. In lieu of a parent or teacher who can make up stories for Johnny with him as the hero, *Believe and Make-Believe* is a fine substitute. It can be a means of helping the adult to see the value of the story in supplying magic and glamour to everyday routine and to see every day through the child's eyes. It can also be a means of stimulating the adult to creative compositions of his own to satisfy the needs of his child or his group.—*Grace Stanistreet, director, Children's Theatre, Adelphi College, Garden City, New York.*

Social Growth Through Play Production*

Jack Simos. Association Press, New York City, New York. Pp. 192. \$3.75.

In this stimulating and instructive book, Mr. Simos is asking that we accept what may, at first, be considered a new frontier in drama. And yet this is only apparently so, for drama, by its very nature, has always contributed directly or indirectly to the discovery of new frontiers of human growth and understanding.

This is not just another book about drama or drama techniques; neither is its use designated for any specific

*Available from NRA Recreation Book Center, 8 West Eighth Street, New York 11, N. Y.

group or professional area. It uses for its point of direction and premise not so much *what* we do as *why* we do it, for Mr. Simos believes that, to be effective, "inner justification" is the first approach. He addresses himself to the social worker, teacher, recreation leader, drama director, or any person or persons desiring to chart individual and group experiences through drama activity.

To delineate and make clear drama's part in social growth, he brings together what we may at first consider unrelated fields—play production and social work. In both fields, however, knowledge of human nature, human behavior and life are sought, though purposes and motivations for acquiring it may differ.

It is not suggested that the drama director consider play production as therapy, but rather that he recognize the great therapeutic value of such an activity in growth and development. On the other hand, the social worker may use such a tool in helping "his client with personal problems." This is the basic idea expressed in the *why*.

The remainder of the book gets down to cases in a step by step method of creatively directed play production. Concrete examples drawn from experiences in a community center, college and treatment center give detailed information on the process—the *how*.

Mr. Simos is a student of both drama and social work, having studied widely in both fields. If one believes that drama at its highest and best may become a social force, this is a book of great value.—*Grace Walker, NRA drama and creative recreation specialist.*

Play Activities for Boys and Girls*

Richard Kraus. McGraw-Hill, 330 West 42nd Street, New York 36. Pp. 236. \$4.95.

This book is organized into two major sections. The first is on "Guiding Children's Play"—the value, the technique of leadership, the settings, the reasons why children select certain activities. This section could be the basis for a series of staff meetings.

The second section deals with activities, from active games on through creative rhythms, dancing, music, nature activities, special events and so on. A chapter on evaluating children's play and a carefully selected listing of suggested reading make a fitting conclusion to this well-organized book.

The publisher has given it an attractive binding, excellent paper, very legible print. The result is a book that belongs in any recreation library.

Recreation Leadership Courses

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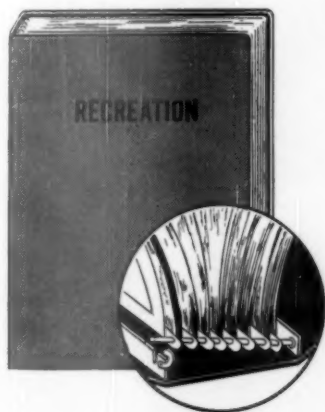
Robert Bonney, Director, Parks and Recreation, City Hall

Miss Dauncey will be conducting social recreation courses in the Southwest Area October 14-November 21. For more information as to location of these courses, write directly to the National Recreation Association, 8 West 8th Street, New York 11.

Mr. Staples will be at Air Force Bases conducting two-week arts and crafts courses as follows: November 4-14, Warren Air Force Base, Cheyenne, Wyoming; November 18-28, Lowry Air Force Base, Denver, Colorado. For further details, communicate with the Air Force Regional Representative, Howard Beresford, 3055 Bellaire, Denver, Colorado.

Miss Dauncey and Mr. Staples will be in attendance at the 39th National Recreation Congress, Long Beach, California, September 30-October 4.

Attendance at training courses conducted by National Recreation Association leaders is usually open to all who wish to attend. For details as to location of the institute, contents of the course, registration procedure, and the like, communicate with the sponsor of the course as listed above.



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